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ABSTRACT

This guide is aimed at easing the transition from childhood to and through adolescence for both children and their parents. Supplementing the topics covered in the work are data gathered from a questionnaire study of 100 adolescents on their opinions of the areas studied in the guide. Part one of the book, "Milestones of Adolescence," covers physical development and growing up. Part two, "Learning to Live Together," focuses on families, feelings, communication, arguments, rebellion, freedom, and morale. Part three, "The Adolescent and the Outside World," covers friends, social life, free time, sexuality, school, money concerns, and transition to adulthood. Part four, "The Adolescent in Trouble," includes families in crisis, risks, recklessness, behavioral problems, emotional problems, and health concerns. The guide is uniquely organized and contains: (1) pages directed at parents and teens; (2) topics parents and teens disagree about; (3) areas of concern for parents; (4) problem solving dialogue boxes; (5) quotes from adults and adolescents; (6) case histories about problems and possible solutions; (7) questionnaires to help parents and teens assess their feelings; (8) comments on how to deal with specific situations; and (9) tables of information and data. (SD)

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